

Preschool Cooking with Kaiya

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Easy, cooking, kitchen skills

Lesson Ideas

Lesson Title

Preschool Cooking: Easy Kitchen Skills and More

Duration

1 Hour

Lesson Plan

1. **Introduction (5 minutes)**:

- Welcome the children and introduce the theme of the day: Cooking and Kitchen Skills.
- Briefly explain what they will be making today – a simple and fun recipe such as Fruit & Yogurt Parfaits.

2. **Hand Washing and Safety (5 minutes)**:

- Teach children the importance of washing hands before cooking.
- Demonstrate proper handwashing techniques.
- Discuss basic kitchen safety rules (e.g., no running in the kitchen, waiting for a grown-up to use sharp tools).

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3. ****Ingredient Exploration (10 minutes)****:

- Show the children the ingredients for the Fruit & Yogurt Parfaits.
- Allow the children to see, touch, and smell the ingredients.
- Briefly talk about each ingredient and its benefits (e.g., fruits are healthy, yogurt is good for bones).

4. ****Cooking Activity (25 minutes)****:

- Provide each child with a small bowl and a spoon.
- Guide them step-by-step in making their parfaits:
 1. Layer yogurt at the bottom of the bowl.
 2. Add a layer of cut-up fruits (like berries, bananas, or peaches).
 3. Repeat the layers.
- Encourage creativity as they make their parfaits.

5. ****Clean-Up (5 minutes)****:

- Teach children the importance of cleaning up after cooking.
- Show them how to wipe down surfaces and tidy up their workspace.

6. ****Enjoying the Treat (10 minutes)****:

- Allow the children to eat their parfaits.
- Use this time to talk about the colors, tastes, and textures they've used.
- Ask them how they feel about the cooking process and their finished treat.

Materials List

- Small bowls and spoons for each child
- Yogurt (plain or flavored)
- Pre-cut fruits (berries, bananas, peaches, etc.)
- Wet wipes or a cloth for clean-up
- A sink with soap for hand-washing
- Paper towels

Adaptations for Different Ages

- ****Younger Children****:
 - Pre-cut the fruits into smaller pieces.
 - Provide visual aid steps for layering ingredients.

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- **Older Children**:

- Allow them to help with some safe cutting of softer fruits with child-safe knives.
- Introduce them to more complex terms like "layering" and "serving size."

Movement Break

- Engage the children in a quick, fun song like "The Wheels on the Bus" with actions.
- Perform a 3-minute dance party to a lively song to keep their energy up and bodies moving.

Bonus Activities

- **Kitchen Coloring Sheets**: Provide coloring sheets with kitchen scenes for children to color while they wait.
- **Story Time**: Read a simple story related to food or cooking like "Eating the Alphabet" by Lois Ehlert.
- **Food Group Sorting**: Use cut-out pictures of different foods and let children sort them into the correct food groups (fruits, vegetables, grains, etc.).

Series Outline

1. **Week 1: Introduction to the Kitchen**

- Kitchen safety and hygiene basics.
- Identifying kitchen tools and their uses.
- Simple handwashing song and practice.

2. **Week 2: Fruits and Vegetables**

- Fruit and vegetable identification game.
- Making fruit salads and veggie snacks.
- Simple sorting and counting activities with fruits and vegetables.

3. **Week 3: Measuring and Mixing**

- Introduction to measuring cups and spoons.
- Simple recipe: Mixing smoothie ingredients.
- Practice pouring and mixing with safe ingredients like flour and water.

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4. ****Week 4: No-Bake Treats****

- Making no-bake cookies or energy balls.
- Decorating treats with colorful sprinkles and edible decorations.
- Storytime with books related to cooking and treats.

5. ****Week 5: Sandwich Making****

- Assembling simple sandwiches with various fillings.
- Using cookie cutters to create fun sandwich shapes.
- Learning basic spreading skills with butter or jam.

6. ****Week 6: Baking Basics****

- Making and decorating simple muffins.
- Introduction to the oven (supervised observation of adults handling baking).
- Fun muffin tin sorting game with colorful objects.

7. ****Week 7: Fun with Dairy****

- Making yogurt parfaits with layers of fruit and granola.
- Simple cheese tasting and identifying different types of cheese.
- Storytime focused on dairy products and how they're made.

8. ****Week 8: Salad Creations****

- Creating colorful salads with various veggies and dressings.
- Learning to toss and mix salad ingredients together.
- Introduction to basic knife skills with plastic knives (cutting soft ingredients like bananas).

9. ****Week 9: Healthy Snacks****

- Making homemade trail mix with dried fruits and nuts.
- Assembling fun and healthy snacks like apple slices with peanut butter.
- Creating edible art with veggies and dips.

10. ****Week 10: Celebration Feast****

- Planning and preparing a simple feast with selected favorite recipes from the past weeks.
- Decorating the table and learning basic table-setting skills.
- Sharing the meal together as a group and discussing favorite moments from the cooking experience.

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For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

